

EMPLOYEE TRAINING RECORD		
TRAINING TITLE Driving At Night		
<div style="text-align: center; margin-bottom: 10px;">KEY TEACHING POINTS</div> <ul style="list-style-type: none"> • Most people dislike driving at night and the reason is simple. You can't see as far or as well at night as you can in the daytime. Darkness makes driving a challenging job. • It is dangerous, too. More than half of all motor vehicle deaths occur at night, the most dangerous hour being 2:00 a.m., Sunday morning. (Many of these accidents are alcohol related.) But, there are things to do, facts to know, and techniques to use that can get and keep you ready for safer night driving. <ul style="list-style-type: none"> • Before you start out at night, check headlights, tail lights, and directional signals. If they are not working, have them repaired. • The better you can see, the better your chances of avoiding an accident. Clean the headlights and windshield (inside as well as outside). • Have your headlight aim checked if it hasn't been done recently or if you have replaced a headlight. • When you come out of a lighted building at night, it takes a few minutes for your eyes to adjust to the dark. A two to five minute wait to give your night vision a chance before driving away into the night could pay off in safety. • Don't wear any kind of sunglasses at night. Any lens that reduces the brightness of headlights also reduces the lights reflected from dimly lit objects at the side of the road, particularly pedestrians. • Don't smoke while you are driving. In addition to the obvious distraction, nicotine and carbon monoxide, two of the ingredients in cigarette smoke, can reduce your vision when it is dark. • If you are wondering whether or not it is dark enough to turn on your lights, it is. They may not help you see any better in early twilight, but it will be much easier for other drivers to see you. • Switch your lights from high to low beam when an oncoming vehicle is about 500 feet away. Also, use your low beams within 300 feet (the length of a football field) of the rear of the vehicle you are following. • Since you can't see as well at night, you won't have as much time to stop when you spot trouble as you would in daylight. The best practice is to increase your following distance at night and drive slower. • To stay alert, it is suggested that you stop for a rest every hour, change drivers, and walk around. It is also a good idea to lower windows while driving. 		
TEST		
QUESTION	ANSWERS	
	TRUE	FALSE
1 To stay alert, it is suggested that you stop for a rest every hour, change drivers, and walk around.		
2 Don't smoke while you are driving. In addition to the obvious distraction, nicotine and carbon monoxide, two of the ingredients in cigarette smoke, can reduce your vision when it is dark.		
3 Before you start out at night, check headlights, tail lights, and directional signals.		
4 Have your headlight aim checked if it hasn't been done recently or if you have replaced a headlight.		
5 If you are wondering whether or not it is dark enough to turn on your lights, it is.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE